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Today's Newspapermen

FOR a long time now, the Hollywood version of the newspaperman has been extinct. The newspaperman with the mickey of cheap liquor and the hat on the back of his head is becoming as rare as knee britches and buckled shoes.

In his place, there has been growing up another breed of men and women. They are quieter and, on the whole, have better educational backgrounds. They have all the old enthusiasm for newspaper work and they are building soundly and staying with the profession. Newspapers are better for having them, and newspaper readers are benefitting from their work.

They will make mistakes. We all do and we all will. But no one does it deliberately. Mistakes are made in the newspapers but men and women working under pressure as they do in newspaper work, can be excused.

But a newspaperman makes his mistakes openly. He broadcasts them to every reader of his paper and they live, for the print cannot be erased. He can hide behind no professional screen. If his mistakes are honest, he will have derisive sympathy. If his mistakes are dishonest, he is not tolerated, for though he may square himself with his publisher, he never squares himself with the men whom he works with and against.

Of course, not all newspapermen are reasonable, intelligent, far-minded, honest, and as impartial as judges. But there are an increasing number of them trying harder to instill those traits and attributes into their profession.

The many should not be judged by the few who stray. The legal profession has its shysters and the medical profession has its quacks. Yet the tremendous majority of the solid men in those professions are not besmirched by their dishonest fellows; nor are the majority of newspapermen.

NERVOUS BREAKDOWNS

THE number of persons suffering from nervous disorders is steadily increasing. Modern living seems greatly responsible for this increase by multiplying the sources of conflict for the individual, says the National Health Association. The great majority of nervous troubles can be avoided or treated rather easily if people understand what causes them.

One usually finds at the course of a nervous depression, also known as neurosis, an emotional unsolved conflict which keeps bothering one, very often unconsciously. These conflicts are numerous but it is not the conflict itself so much as it is the inability to solve it that sometimes leads to a nervous collapse. This inability is often associated with lack of self-confidence; it is therefore important to seek the aid of a parent, a friend, or the family doctor in solving the most difficult conflicts.

Very often people suffering from a neurosis are afraid of becoming insane. They should not—a neurosis never leads to insanity (psychosis); these two conditions are definitely distinct and different. The neurotic patient realizes his condition while the insane does not. The final stage of a chronic neurosis is termed "a nervous breakdown", a state of complete nervous collapse which is curable. Thousands of people have completely recuperated from such breakdowns. In an effort to help prevent nervous breakdowns, the following principal rules given by Dr. Louis E. Bisch in the review, "Your Health".

1. Do not repress your emotions. Let them out.
2. Remove all feeling of guilt that you may have.
3. Do not punish yourself needlessly.
4. Reduce over-sensitiveness by getting tough.
5. Add variety to your life. Try to change your daily routine in some way.
6. Take exercise—in the open air if possible. It helps to take your mind off yourself.
7. Be sure to get at least 8 hours of sleep every night—9 if possible.
8. Conserve your energy; don't waste it in useless discussion and wishful thinking. Play hard and work hard.

SCRIPTURE PASSAGE FOR TODAY

All we like sheep have gone astray; we have turned everyone to his own way. Isaiah 53:6

Victoria Report

by J. K. Nesbitt

The Dykes Held As Premier Expected—Nancy Gets Her Trip—Admiral Mainguy For Governor

VICTORIA—Proudest man in British Columbia today is Premier Byron Johnson. The Fraser River dikes held, as he said they would. For two years now Mr. Johnson has made his project No. 1 the dikes of the Fraser River. It was he who took such a personal interest two years ago, talked the Dominion government into helping out financially and personally saw that the dike-building was a first class job.

When the threat arose some days ago the Premier flew to the Fraser and looked over the situation. He kept his fingers crossed, but he never doubted for a moment the dikes would hold. They did. Without those dikes the floods would have been as bad as two years ago.

The Premier, in his office in the Legislative Buildings, was infuriated at wild stories in newspapers and over the radio that thousands of families were being evacuated. He had a great deal of justification for his anger.

When the magic words "emergency" were flashed to the Premier's office, Mr. Johnson's face became wreathed in smiles. He didn't say anything as unpopular as "I told you so" but he did say "Somehow, boys, I felt sure — because I knew a good job had been done on those dikes."

Trip of Madame Speaker Nancy Hodges to Newfoundland late in June showed the tight rope the Coalition has to constantly walk.

Some months ago, when the B.C. Government presented a motion to the Legislature of Newfoundland, Premier Johnson thought it was Madame Speaker who should travel to St. John's and make the presentation. But Finance Minister Herbert Anscomb, who is Conservative co-leader of the Coalition, figured the Liberals were getting too many trips and too much publicity. He decided he'd take the mace to Newfoundland himself.

There was nothing the Premier could do about it, since he had just returned from a visit to England.

Mr Johnson, however, was determined Madame Speaker Hodges would get to Newfoundland. He got his chance when Premier Joseph Smallwood invited a B.C. Government representative to attend Newfoundland birthday celebrations.

The Premier would probably have liked to go himself, for he's a great traveller, but he thought Mrs. Hodges had been cheated in the first place and that amends should be made to her. On her way back to Victoria, Mrs. Hodges stopped off in Halifax to attend annual convention of Canadian Business and Professional Women's Clubs, which named her "Canadian Woman of 1950."

The capital is still speculating on who will succeed Lieutenant-Governor Charles Banks if he retires from Government House this autumn, a full year before his regular term expires.

Each week a new name is bandied about. Latest is that of Rear-Admiral E. Rollo Mainguy, head of the Canadian Navy on the Atlantic Coast, who will lead a squadron of this country's warships to Europe in a few months. Admiral and Mrs. Mainguy, when they lived at "Admiral's House" in Esquimalt Dockyard a few years ago, entertained widely and a bid to dinner at the historic naval residence was almost as much prized as one to Government House.

Admiral and Mrs. Mainguy have the money necessary to live at Government House. Mr.



"I don't mean to squirm, mister. I was wondering what was happening to a custard pie I came in with!"

Mainguy is used to receiving large numbers of people. Before she was a naval hostess she lived at Government House from 1921 to 1925, assisting her parents, the late Lieut-Governor and Mrs. Walter C. Nichol.

However, there is no official word. Lieut-Governor and Mrs. Banks are in England and Government House says they'll be back late in July in time to give the regular August garden party.

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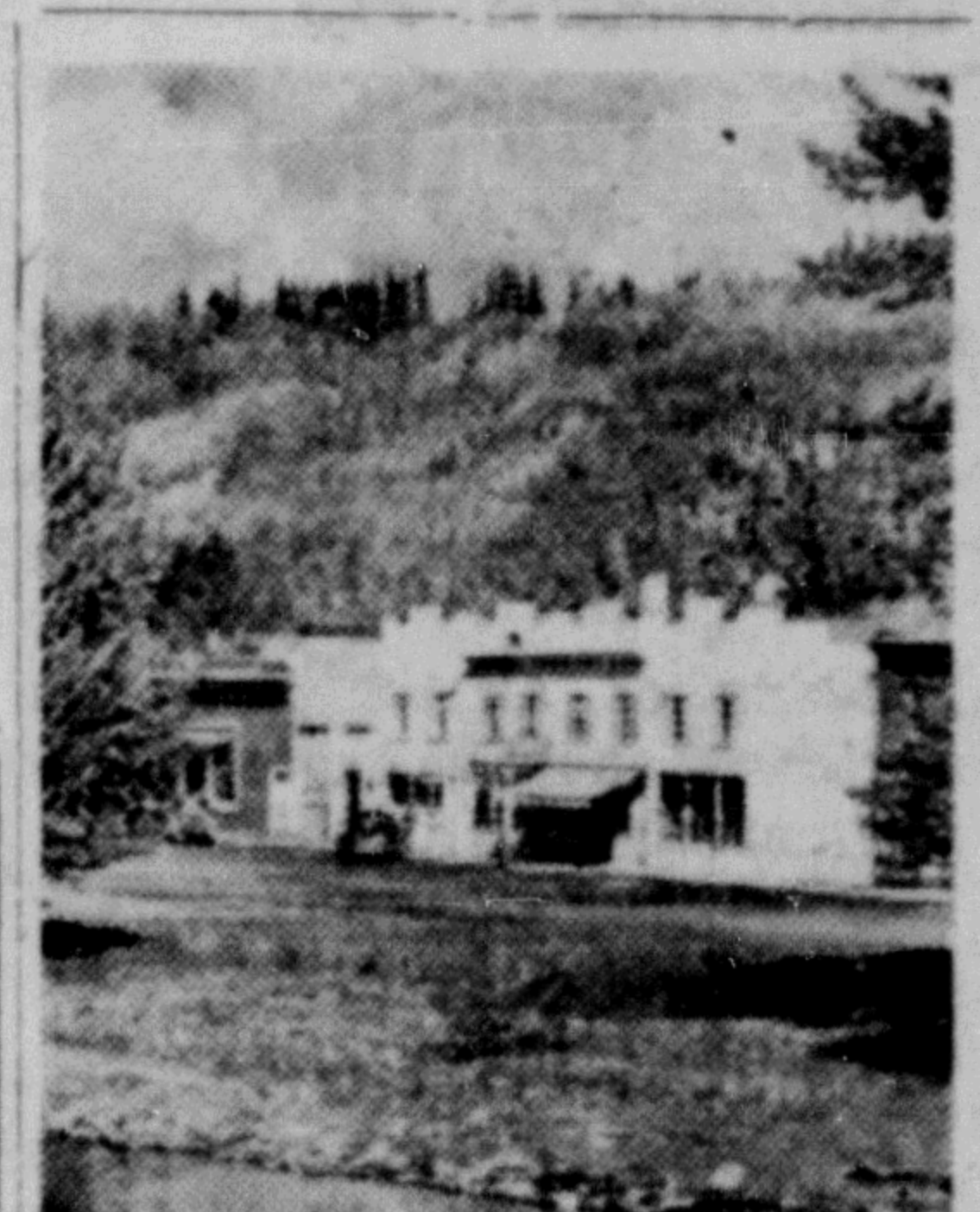
LETTERBOX

Editor, Daily News:

Some time ago the superintendent of the Canadian National Railways went to the expense of having "The Outlook" fixed up and seats and railings repaired so that tourists and townfolk could sit up there and enjoy the scenery and the beauties of the harbor. But along have come ruffians and smashed the ceilings and seats, throwing them over the side. For a wonder some seats were left but now two more of them have been ripped up from their foundations, badly smashed and their remains also thrown over the side. This must have been done Sunday night as I was there Sunday afternoon and there were some seats intact. However, yesterday the remaining seats were in splinters and over the side.

I understand the railway company has recently employed a policeman here but he cannot be everywhere all the time so I suggest that he could patrol "The Outlook" at certain hours in conjunction with the city police.

I know that groups of drinkers and bums go up there with bottles of liquor, generally drink-



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FRANK J. SKINNER Prince Rupert Agent Third Avenue Phone 568

ing around the old anchor near the seats. Objectionable they may be, however, I do smash up the seats and railings. It would be too bad if people of Prince Rupert deprived of "The Outlook" as sure as fate, this will happen if something is not done to the vandals. The superintendent has his best to make "The Outlook" a comfort and a pleasure but cannot do the impossible. READER.

COCA-COLA when friends drop

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